

<div> <div>DECEMBER 2015</div> <div>GROUP EXERCISE CLASSES</div> <div>Health Services – Diabetes Program’s Salt River Fitness Center</div> <div>Phone: 480-362-7320 / Diabetes Manager Phone: 480-362-7342</div> </div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Salt River Fitness Center</div> <div>Eligibility:</div> <div>SRPMIC Enrolled Community Member & Family/SRPMIC Resident/SRPMIC Tribal Employee/SRPMIC Enterprise Employee i.e. Casino AZ, Talking Stick Resort, Salt River Fields, Talking Stick Golf, Material Group, Landfill, Saddleback.</div>	<div>1</div> <div>6:15A-7:00A</div> <div>SPIN CLASS W/RACHEL</div> <div>9:30A-10:00A</div> <div>YS-MOUSERCISE</div> <div>11:00A-2:30P</div> <div>Fitness Center</div> <div>CLOSED</div> <div>Employee Luncheon</div> <div>5:30P-6:30P</div> <div>SPIN CLASS W/MICHELLE</div> <div>W/MICHELLE</div>	<div>2</div> <div>12:05P-12:50P</div> <div>HIIT W/MICHELLE</div> <div>2:00P-3:00P</div> <div>JTR YOGA</div> <div>(private session)</div> <div>5:30P-6:30P</div> <div>ZUMBA W/RACHEL</div> <div>6:30P-7:30P</div> <div>BEGINNERS YOGA</div> <div>W/RACHEL</div>	<div>3</div> <div>6:15A-7:00A</div> <div>SPIN CLASS W/BEVERLY</div> <div>12:05P-12:50P</div> <div>ZUMBA W/RACHEL</div> <div>4:05P-5:00P</div> <div>CORE FUNCTIONAL</div> <div>TRAINING W/BRAXTON</div> <div>5:30P-6:30P</div> <div>20 LIFT & 30 SPIN</div> <div>W/MICHELLE</div>	<div>4</div> <div>12:05P-12:50P</div> <div>SPIN CLASS W/MICHELLE</div> <div>5:30P-6:30P</div> <div>ZUMBA W/RACHEL</div>
<div>7</div> <div>6:15A-7:00A</div> <div>NO CLASS</div> <div>12:05P-12:50P</div> <div>CORE FUNCTIONAL</div> <div>TRAINING W/BRAXTON</div> <div>2:00P-3:00P</div> <div>JTR YOGA</div> <div>(private session)</div> <div>5:30P-6:30P</div> <div>ZUMBA W/ANNIE</div> <div>6:30P-7:30P</div> <div>SENIOR DANCE 55+</div> <div>W/ROBERTA J.</div>	<div>8</div> <div>6:15A-7:00A</div> <div>NO CLASS</div> <div>9:30A-10:00A</div> <div>NO CLASS</div> <div>12:05P-12:50P</div> <div>TOTAL BODY CONDITIONING</div> <div>W/DION</div> <div>5:30P-6:30P</div> <div>SPIN CLASS W/MICHELLE</div> <div>W/MICHELLE</div>	<div>9</div> <div>12:05P-12:50P</div> <div>HIIT W/MICHELLE</div> <div>2:00P-3:00P</div> <div>JTR YOGA</div> <div>(private session)</div> <div>5:30P-6:30P</div> <div>ZUMBA W/M. LYNN</div> <div>6:30P-7:30P</div> <div>NO CLASS</div>	<div>10</div> <div>6:15A-7:00A</div> <div>SPIN CLASS W/BEVERLY</div> <div>12:05P-12:50P</div> <div>ZUMBA W/RACHEL</div> <div>4:05P-5:00P</div> <div>CORE FUNCTIONAL</div> <div>TRAINING W/BRAXTON</div> <div>5:30P-6:30P</div> <div>20 LIFT & 30 SPIN</div> <div>W/MICHELLE</div>	<div>11</div> <div>12:05P-12:50P</div> <div>SPIN CLASS W/MICHELLE</div> <div>5:30P-6:30P</div> <div>ZUMBA W/RACHEL</div>
<div>14</div> <div>6:15A-7:00A</div> <div>SPIN CLASS W/RACHEL</div> <div>12:05P-12:50P</div> <div>CORE FUNCTIONAL</div> <div>TRAINING W/BRAXTON</div> <div>2:00P-3:00P</div> <div>JTR YOGA</div> <div>(private session)</div> <div>5:30P-7:00P</div> <div>All I Want For Christmas Is A</div> <div>ZUMBA PARTY!</div> <div>W/Annie, Rachel & Michelle Lynn</div>	<div>15</div> <div>6:15A-7:00A</div> <div>SPIN CLASS W/RACHEL</div> <div>9:30A-10:00A</div> <div>YS-MOUSERCISE</div> <div>12:05P-12:50P</div> <div>TOTAL BODY CONDITIONING</div> <div>W/DION</div> <div>5:30P-6:30P</div> <div>SPIN CLASS W/MICHELLE</div>	<div>16</div> <div>12:05P-12:50P</div> <div>HIIT W/MICHELLE</div> <div>2:00P-3:00P</div> <div>JTR YOGA</div> <div>(private session)</div> <div>5:30P-6:30P</div> <div>ZUMBA W/M. LYNN</div> <div>6:30P-7:30P</div> <div>BEGINNERS YOGA</div> <div>W/RACHEL</div>	<div>17</div> <div>6:15A-7:00A</div> <div>SPIN CLASS W/BEVERLY</div> <div>11:00A-12:00P</div> <div>Fitness Center</div> <div>CLOSED</div> <div>Health Service Meeting</div> <div>12:05P-12:50P</div> <div>ZUMBA W/RACHEL</div> <div>4:05P-5:00P</div> <div>CORE FUNCTIONAL</div> <div>TRAINING W/BRAXTON</div> <div>5:30P-6:30P</div> <div>20 LIFT & 30 SPIN</div> <div>W/MICHELLE</div>	<div>18</div> <div>12:05P-12:50P</div> <div>SPIN CLASS W/MICHELLE</div> <div>5:30P-6:30P</div> <div>ZUMBA W/RACHEL</div>
<div>21</div> <div>6:15A-7:00A</div> <div>SPIN CLASS W/RACHEL</div> <div>12:05P-12:50P</div> <div>CORE FUNCTIONAL</div> <div>TRAINING W/BRAXTON</div> <div>2:00P-3:00P</div> <div>JTR YOGA</div> <div>(private session)</div> <div>5:30P-6:30P</div> <div>ZUMBA W/M. LYNN</div> <div>6:30P-7:30P</div> <div>SENIOR DANCE 55+</div> <div>W/ROBERTA J.</div>	<div>22</div> <div>6:15A-7:00A</div> <div>SPIN CLASS W/RACHEL</div> <div>9:30A-10:00A</div> <div>YS-MOUSERCISE</div> <div>12:05P-12:50P</div> <div>TOTAL BODY CONDITIONING</div> <div>W/DION</div> <div>5:30P-6:30P</div> <div>SPIN CLASS W/MICHELLE</div>	<div>23</div> <div>Salt River Fitness Center</div> <div>CLOSING</div> <div>at</div> <div>1:00 pm</div>	<div>24</div> <div>Salt River Fitness Center</div> <div>CLOSED All DAY</div> <div>  </div>	<div>25</div> <div>Salt River Fitness Center</div> <div>CLOSED All DAY</div> <div>  </div>
<div>28</div> <div>No Group Exercise Classes</div> <div>  </div>	<div>29</div> <div>No Group Exercise Classes</div> <div>  </div>	<div>30</div> <div>No Group Exercise Classes</div> <div>  </div>	<div>31</div> <div>No Group Exercise Classes</div> <div> <div>Fitness Center</div> <div>CLOSING</div> <div>at</div> <div>5:00 pm</div> </div>	<div>  <div>JANUARY 1ST 2016</div> <div>Salt River Fitness Center</div> <div>CLOSED All DAY</div> </div>

CLASS DESCRIPITONS:

BEGINNING YOGA: The basic yoga class will be done at a gentle pace in order to learn the foundational poses of yoga – opening, standing, shoulder and hip exercises, inversions, twists, backwards and forward bends, salutations, and finishing poses. Students will learn about the principles of alignment and how to flow into the pose using breathing techniques. Complete relaxation and breathing techniques will be practiced. This basic class will teach how to prepare for yoga, what to expect, and how to take your practice into daily life.



CORE FUNCTIONAL TRAINING: The focus will be on the upper and lower abs, oblique, and back muscles, muscular slings used in functional movement, as well as the hips and gluts to develop better balance. This class will assist in balance, agility and strength for an overall fitness. All levels of fitness.

HIIT (*High Intensity Interval Training*): This class focuses on interval training by incorporating High intensity interval training (HIIT) using the 20-10 microburst training protocol. HIT workouts are short in duration and are designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over! Be ready to work hard & sweat hard! Moderate to High intensity.

SENIOR DANCE CLASS 55+: Enjoy this well-rounded and exciting workout that keeps you on your toes while moving to the beat of the music! In this class you will be learning several line dance routines that are low impact yet get your heart pumping. Roberta Johnston leads the class choreography. Come out and have fun and dance the calories away. This class is intended for individuals 55+.

SPIN CLASS: SPINNING® & Schwinn Cycling® certified instructors will take you through a workout for 40 -50 minute ride on the indoor cycling bike where the instructor guides you through variety of movement on the bike, for example, flats, hills, runs jumps and sprints to burn calories.

- FIRST COM FIRST SERVES! NO RESERVING BIKE.
- 9 BIKES AVAILABLE.
- REMEMBER TO BRING WATER BOTTLE AND TOWEL FOR WORKOUTS!
- WE ENCOURAGE A BASE OF CARDIOVASCULAR EXERCISE OF 3 MONTH PRIOR TO STARTING IN THE INDOOR CYCLING CLASS ALL, INDOOR CYCLING CLASSES WELCOME THE BEGINNER TO ADVANCE RIDERS.

20 LIFT & 30 SPINNING®: This class will cooperate weighted/resistance exercises for 20 minutes and 30 minutes of spinning/indoor cycling. Weighted/resistance exercises will be performed off the bike. Reminder that spin/spinning/indoor cycling can an intense workout so we ask that you have at least 3 months of cardiovascular exercise.

TOTAL BODY CONDITIONING (TBC): Looking for a calorie burning class and want to add strength training to your workout? Look into joining this class! A moderate to high intensity class that can be challenging that will give you the results you want of weight loss, lower body fat and add strength to your body. Do your weight training in a group setting. An awesome class! Variety of equipment will be used.



*Recommendation: All participants should have at least 3 months or more of consistent workout session; 3 or more days a week of activities prior to taking this class. Moderate to High intensity.

ZUMBA®: Join the party! Zumba ®combines high-energy and motivating music with unique moves and combinations that allow the Zumba® participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required! A workout mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and Salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the gluts, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in that instructors often add on their own music choices and choreographies to make their class presentation locally unique. Lead by licensed Zumba® Fitness Instructor. All levels of fitness.

****PRIVATE SESSIONS GROUPS****

JOURNEY TO RECOVERY YOGA: This session is for Journey to Recovery clients only. PRIVATE SESSIONS

YS EEP – MOUSERICE SESSION: Youth Service’s Early Enrichment Program exercise session for kids 3-5 years old. Incorporate aerobic exercise, coordination exercise and fun games, motor skill and aerobic conditioning. Please contact Youth Service for more information on their YS EEP program.